

## ABSTRACT OF THE DISCLOSURE

A coding mode selecting method, in which an SAD between input frames is used in a video encoding system, includes the steps of: detecting the SAD value of input frame data; determining whether the detected SAD value exceeds a predetermined SAD threshold; coding  
5 the input frame in an intra-coding mode when the SAD value of the input frame exceeds the SAD threshold; and coding the input frame in an inter-coding mode when the SAD value of the input frame does not exceed the SAD threshold.